



# Cooking At Home Challenge



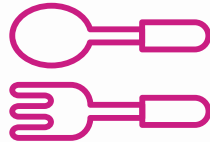
## Sweet and Sour Pork

Serves  
4

### Ingredients



- 300g of lean pork loin steak cut into 5cm strips
- 1 Tablespoon of cooking oil
- 1 Onion, peeled and sliced
- 2 Cloves of garlic peeled then crushed, grated or chopped
- 1cm piece of ginger, peeled and chopped finely or grated
- 3 Tablespoons of tomato ketchup or tomato puree
- 2-3 Tablespoons of light soy sauce (try to choose low-salt variety)
- 2 Peppers, deseeded and thinly sliced (red, yellow or green)
- (200g) packet fresh baby sweetcorn or 200g of frozen or tinned sweetcorn
- Small tin of pineapple rings in juice, chop into small chunks (save the juice)
- 3 or 4 blocks of noodles



### How to make

1. Heat the oil in a frying pan or wok, fry the sliced onion, garlic, ginger and pork until the pork is browned and vegetables are soft.
2. Add the peppers, sweetcorn, and stir fry for another 4-5 minutes.
3. Add the pineapple and juice, cook for a few minutes until the sauce thickens.
4. Cook the noodles following the instructions on the packet, then drain and serve.

#### Top Tip

You can also add other vegetables e.g. thinly sliced carrot, sliced mushrooms, mange touts, small pieces of broccoli or left-over vegetables.

Make sure the pork is fully cooked and all ingredients piping hot throughout before serving.

Serve with noodles or boiled rice.



For more Cooking At Home Challenges visit  
Community Nutrition Website  
[www.nhsforthvalley.com/nutrition](http://www.nhsforthvalley.com/nutrition)  
Then choose 'Why Weight'

